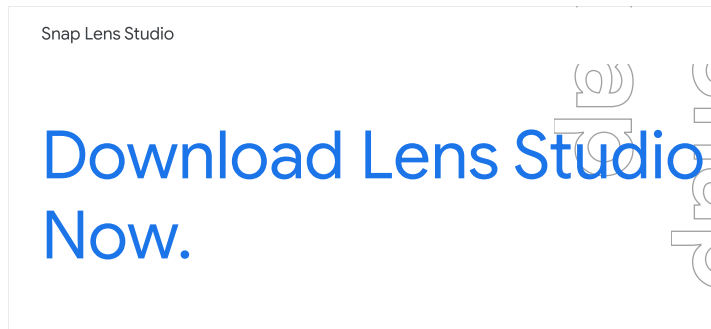


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CULTURE & ARTS (/ART-CULTURE)

Some feel-good podcasts to calm you

The Post lists some podcasts you can listen to to give your anxious mind a break during these trying times.



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As much of the world goes under lockdown and the news is overwhelmed with updates on the coronavirus, there's no doubt that we have all been contemplating the current times with some heavy thoughts. During such trying times, music is perhaps the best therapy, but there are also podcasts that you can listen to as you get to your usual house chores, or as you type in an email or do your push-ups. It's a great distraction to help you keep calm.

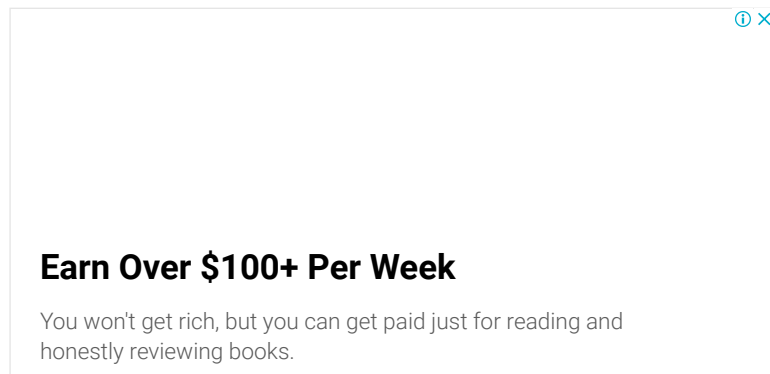
(<https://tiurl.link/PxaHd>)

Here are some feel-good podcast channels—local and international, old and new—for you to tune into as you get through the day.

Boju Bajai (<https://soundcloud.com/bojubajai>)

The cheerful, heartwarming podcasts hosted by Itisha Giri and Bhrikuti Rai talk about people, politics, dreams and aspirations and everything in between. The channel is perhaps one of the more popular ones among Nepali podcast listeners. Giri and Rai put forward issues that many Nepali media shy away from talking about, and perhaps that is what makes their podcasts admirable. Their views reflect the lives of the broader Nepali community.

They have discussed sexism in Nepali songs and in media, feminism, trends in social media and even pay inequality. And in the current overwhelming time, they have also been helping people cope up with social distancing amid concerns of the spread of Covid-19.



If you are a new listener, and if you are still not sure of where to begin, listen to Guff Gaff with Bartika, an episode where the hosts talk to singer-writer Bartika Eam Rai about her journey as a singer-songwriter. Or 'This is how Nepal's news media covers rape' in which they collaborate with The Record, an independent digital publication.

Modern Love (<https://podcasts.google.com/?feed=aHRocHM6Ly9yc3Mud2J1ci5vcmcvbW9kZXJubG92ZS9wb2RjYXNo&episode=YWU3ZWZkYjUtYTJkMCoNDViLTllNmUtNDQ3YWUzNP&ved=2ahUKEwj7-umVhsToAhXmyjgGHaofDokQieUEegQICRAE&ep=6>)

Modern Love is one of the most popular podcasts that has ruled the hearts of many globally. Host Meghna Chakrabarti discusses contemporary love stories with guests and people whose love stories, essays or anecdotes are read in the podcasts. A column of the podcast also features in The New York Times every week.

The podcast is pleasant and calming, as it discusses different relationships and various dynamics of being in one alongside addressing marriage, society, inequality, mental health, pain through stories about love. During these stressful days, maybe listening to some love stories could help you ease your calm. Let this podcast melt you with some stirring stories about love from around the world. Their recent podcast, 'How Bibliophiles Flirt,' is sweet and refreshing. You might want to start with that.

Aji's Podcast (<https://www.ajisproducts.org/podcast>) (<https://www.ajisproducts.org/podcast>)

Aji's podcast brings forward the stories of the elderly in Nepal. It dives into the life and experience of the elderly people of Nepali communities, bringing a fresh insight into how they live their lives and how they look at life. The podcast highlights their significant achievements in life, their memories, the challenges they faced in their lives and their various journeys. The podcasts—staying true to its name

Aji meaning 'grandmother' in the Newar language—give a glimpse into the forgotten lives of grandparents. This channel that started in 2019 is filled with nostalgia. Something you would want to listen to in still afternoons or in the mornings over tea with your family. The content, however, uses a mix of languages: Newar, English and Nepali.

[Oprah's Super Soul Conversations](https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400) (<https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400>)

Some Oprah time is what we need in this tense time. Oprah Winfrey, the famous talk show host and inspirational speaker, talks with thought leaders, authors and experts to help people to connect with their deeper-selves. Her conversations with her guests urge people to think about one's well being and to see the better in them. The podcasts are like pills of optimism that hope to empower listeners through stories of trailblazers. Her latest episode with Jesse Israel, a meditation leader, titled 'Your Life in Focus', is a good start. The podcast has Israel and Winfrey talk about the importance of quiet time and meditation. Something that we need to listen to as this quiet corona time eats away our sanguine.

[The Heart](https://podcasts.apple.com/us/podcast/the-heart/id595892633) (<https://podcasts.apple.com/us/podcast/the-heart/id595892633>)

Another podcast about humans and intimacy, but quite different and distinct from Modern Love is Kaitlin Prest's The Heart. Over the years the podcast has earned a place for itself as a queer-feminist platform, which explores the variations of love and our bodies. Previously called Audio Smut, the audio project became The Heart in 2014. The podcast had gone off in 2018 to be revived again in 2020 and since has expanded its team to work around creating content on gender, sexuality, love and power. The Heart is comical, raw and vivid. And it's quite addictive. You might want to start with their 2020 feed before getting into their archive.



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